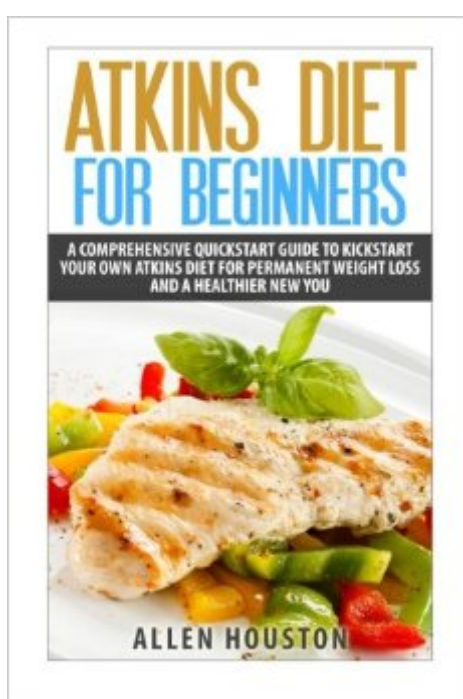


The book was found

Atkins Diet For Beginners: A Comprehensive Quickstart Guide To Kickstart Your Own Atkins Diet For Permanent Weight Loss And A Healthier New You (Atkins Low Carb Weight Loss Diet) (Volume 1)



Synopsis

Atkins Diet For Beginners: A Comprehensive Quickstart Guide To Kickstart Your Own Atkins Diet For Permanent Weight Loss and A Healthier New You "Why are my friends able to lose weight successfully while still enjoying the foods they like? How can it be happening? How do I avoid those supplement weight loss pills or even those promising weight loss tea that doesn't work? How can I reach my targeted weight within 3 months without counting the number of calories day after day, meal after meal?" Look, I understand you have a lots of question in mind. You will probably be asking what is this Atkins Diet craze all about? How does it work? Does it really work? Will it work for me? What are the things I need to take note of? How do I start the diet the correct way? Atkins Diet For Beginners: A Comprehensive Quickstart Guide To Kickstart Your Own Atkins Diet For Permanent Weight Loss and A Healthier New You No more spending huge amount of money on trying to lose weight. Say NO to counting of calories day in and day out. The missing puzzle is already available in our daily life, especially in our intake of foods. Know the types of food to avoid and the types of food to consume for a better health. Enjoy losing weight while enjoying the foods you like. What You'll Learn In This Book... How Does Atkins Diet Work Maximize Your Chances of Dieting Success Using Atkins Diet Different Phases Of Atkins Diet Explained Weight Maintenance Of Atkins Diet 14-Day Atkins Diet Meal Plans BONUS: Atkins Diet Dessert Recipes Atkins Diet For Beginners book will cover all the details you need to start out your very own Atkins Diet program. This book will save you both time and money, in which at the same time achieve the results you want. Download Your Copy Now! Find out what is missing for you and take massive, consistent action today!

Book Information

Series: Atkins Low Carb Weight Loss Diet

Paperback: 164 pages

Publisher: CreateSpace Independent Publishing Platform; 1 edition (December 31, 2015)

Language: English

ISBN-10: 1518720722

ISBN-13: 978-1518720727

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 10.7 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars See all reviews (74 customer reviews)

Best Sellers Rank: #376,461 in Books (See Top 100 in Books) #80 in Books > Health, Fitness &

Dieting > Diets & Weight Loss > Atkins Diet #2429 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

Customer Reviews

There are so many typos and grammatical errors in this book that I cannot read it. I read through four chapters, hoping it would improve, but no luck. I honestly thought I was being "punked." How does something like this get published?

This book is... just not good. It's wildly unspecific and very vague. If you're looking for real information about the Atkins diet I would look elsewhere.

This is less than 1 star. The typos and misspellings in this book made it impossible to read and understand. It's junk.

Poorly written. Many grammar errors. Poor sentence structure, repetitive, and lacks continuity. Don't waste your money.

Not worth the money, learned very little about the Atkins's Diet

This book is written and organized very poorly. Seems as if written in a rush, and underwent a poor editing process as well. Meal plans are inconsistent with a random collection of recipes. If you are interested in the Atkins diet, there are better books out there.

I've been searching for a good resource book that teaches Atkins Diet and I am glad that I found this wonderful book. It is highly valuable and gave me great inputs. A must read for anyone looking to learn about Atkins Diet.

I've tried so many diets and so far I like Atkins diet the best. In this book you can find so much about it and also how to swap from one phase to another and when to do it! The recipes that you'll find here are soo delicious and I love them all! Also, as a bonus you'll get few books on diets and other recipes. Enjoyed it!

[Download to continue reading...](#)

Atkins Diet For Beginners: A Comprehensive Quickstart Guide To Kickstart Your Own Atkins Diet

For Permanent Weight Loss and A Healthier New You (Atkins Low Carb Weight Loss Diet) (Volume 1) ATKINS DIET FOR BEGINNERS: A Comprehensive Quickstart Guide To Kickstart Your Own Atkins Diet For Permanent Weight Loss and A Healthier New You (Atkins Low Carb Weight Loss Diet Book 1) Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Atkins Diet for Beginners: The Atkins Diet Quickstart Guide to Rapid Weight Loss with 24 Quick and Easy Low Carb Atkins Recipes (Low Carb Diet, Atkins Diet for Beginners, Atkins Diet Cookbook) Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You (Atkins Low Carb High Fat Diet Weight Loss Guide, Diet for Rapid Weight ... Atkins Weight Loss Guide for Beginners) Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss)) Atkins Diet For Beginners: LOW CARB DIET: Secrets To Weight Loss The Healthy Way (Atkins Diet Carbohydrate Gram Counter With Cookbooks And Recipes ... (Atkins Low Carb Weight Loss Diet) (Volume 1) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) ATKINS DIET FOR BEGINNERS: LOW CARB DIET: Secrets To Weight Loss The Healthy Way (Atkins Diet Carbohydrate Gram Counter With Cookbooks And Recipes Included!) (Atkins Low Carb Weight Loss Diet Book 1) Atkins: Atkins Diet: The Complete Atkins Diet Guide And Low Carb Recipe Plan For Permanent Weight Loss And Optimum Health (36 Delicious,Quick

And Easy, Low Carb Recipes for Every Meal) Low Carb Diet: 15 Healthy And Delicious Low Carb Salads To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb ... Ketogenic Diet to Overcome Belly Fat) Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat)

[Dmca](#)